

Step



feel the feeling

- notice how it makes your body feel
- draw and write how you feel
- scream into a pillow
- jump up and down
- share with a friend or trusted person
- tell yourself it is temporary ... feelings change

1

Step



think a new thought

- focus on something different
- think what makes you feel happy and calm
- think of something that makes you laugh
- say something kind about yourself

2

Step



return to centre

Grounding ...

- breathe in 1, 2, 3, 4 out 4, 3, 2, 1
- hold your belly gently as you breathe
- relax your shoulders and neck
- think of something that makes you feel calm and peaceful

3

Step



do something different

- dance, walk, run
- bake a cake
- do some gardening
- do something kind for someone else

4